



New Elkridge 50+ Center, coming early 2018

## WHAT'S HAPPENING AT ELKRIDGE 50+ CENTER IN March/April 2017

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## Staff

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Information Specialists  
410-313-1234

**Website**

[www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging)

***CLOSINGS for March/April 2017:***  
***March 28th, Staff Meeting***  
***April 14th, Good Friday***

## ELKRIDGE 50+ CENTER

**5660 Furnace Ave.  
Elkridge, MD 21075**

**Join Us  
Monday through Friday  
8:30 am to 4:30 pm**

**March/April 2017**

**Excitement is starting to grow as we see the beams of our new center taking place. In March, I will be meeting with others to start picking out furniture for our beautiful new building.**

**As we start looking forward to the new building, we will start planning programs and classes. Your opinions are important to us as we look ahead.**

**Join us in our first**

**Planning Session on**

**Tuesday, April 18th at 11:00 am.**

**During this session, we will listen to your ideas and suggestions for new programs and classes. You can help make our new center great by sharing your ideas.**

**Delicious lunch will be served for donation with advanced registration.**

**Happy spring to everyone!**



## SPECIAL EVENTS FOR MARCH 2017

### ORIGIN AND HISTORY OF THE BIBLE



*Thursdays in March*

*2nd, 9th, 16th, 23rd & 30th*

**Free**

Bible scholar, Thelma Carter, continues the journey through the Bible. Get inspired as you study the oldest book in the world.

### AARP TAX PREPARATION

*Fridays in March*

*3rd, 10th & 31st*

**10:00-2:00**

**Free**

Volunteer accountants will be available to complete basic tax returns. Appointments are necessary, call today.

### Museum of African History

*Monday, March 13th*

**10:00-Noon**

**\$4.00 donation**

The museum will come to us and teach about African history and much more. Enjoy foods of the culture.

### NUTRITION TIPS WITH RONA

*Thursday, March 16th*

**10:00-11:00**

**Free**

Enjoy an interesting talk with Rona and learn how to make smart food choices this spring.



### St. Patty's Day Party

*Friday, March 17*

**10:30-1:00**

**\$4.00 for entertainment**

**Lunch by donation**

Enjoy a traditional corned beef and cabbage meal with delicious side dishes. Listen to music and play games for prizes.



### **NEW DAY, SAME GREAT CLASS!!**

**iPHONE/ANDROID CLASS**

*Monday, March 20th*

**Free**

It's time to learn what your phone can do! Bring in your smart phones today and get all your questions answered.



### BASIC ART CLASS

*Friday, March 24th*

**11:30-1:00**

**Free**

Local artist and graphic designer, Gary Pedicore, will be here to teach the basics of art and help you create something beautiful!



**Happy**   
**St. Patrick's Day**

## SPECIAL EVENTS FOR APRIL 2017

### COIN COLLECTION PRESENTATION



*Monday, April 3*

**10:30-Noon**

**Free**

Drage Vukceovich is a retired federal service worker with a part time business as a coin consultant. He will show you how to liquidate your coin collection and protect your interest at the same time.



### LET'S DISH

*Friday, April 7*

**11:00-12:30**

**Donations accepted**

Deviled eggs and fresh strawberries  
The incredible, edible egg is full of good nutrients.

**Enjoy this yummy, light dish.**

### EGG HUNT PARTY

*Wednesday, April 12*

**10:00-Noon**

A wonderful community event featuring games, music & egg hunt with the Easter Bunny.  
(Volunteers needed to fill and hide eggs.)



### iPHONE/ANDROID CLASS

*April 17*

**10:00-11:30**

**Free**

Today's smart phones can do so much!  
Learn all the great features of your phone and make your life easier.

### PLANNING MEETING

*Tuesday, April 18*

**10:15—Noon**

The new Elkridge 50+ Center will be opening soon and we want to make it great!  
Come share your thoughts, ideas and suggestions for programs and services you would like to see in the new center.  
(Lunch will be served after the meeting.)

### FIRE & FALL PREVENTION

*Tuesday, April 25*

**10:00-Noon**

**Free**

Howard County Department of Fire and Rescue will share tips to avoid house fires and prevent falls.

### POLICE SAFETY TIPS

*Thursday, April 27*

**10:00-11:00**

**Free**



PFC Andre Lingham from the Howard County Police Department will join us to share personal safety tips and update you on crime in the area.

### AARP SAFE DRIVING CLASS

*Friday, April 28*

**10:00-2:30**

Learn about all the new rules of the road and be safe behind the wheel.

Insurance discounts may be available upon completion of this class.



LEARN  
FACTS  
ABOUT  
MEDICARE--  
GET YOUR  
QUESTIONS  
ANSWERED

## ELKRIDGE 50+ CENTER

April 4, 2017 10:00 am – 12:00 noon

**\*\*Get information about Medicare**

**\*\*Find out about resources**

**\*\*FREE Lamination of your Medicare card**

**\*\*Check out eligibility for programs that help with Medicare costs**

Sponsored by Howard County SHIP – State Health Insurance Assistance Program

TELEPHONE: 410-313-7392



LOCAL HELP FOR PEOPLE WITH MEDICARE



# Save the Date

for the 9<sup>th</sup> Annual

# WOMENFEST

A Health & Wellness Event for Women

**Saturday, April 29 • 10 am - 3 pm**

Gary J. Arthur Community Center at Glenwood  
2400 Route 97, Cooksville, MD 21723

**INFORMATION • INSPIRATION • IDEAS**  
for living a more balanced, healthier and fulfilled life!

- Free Admission
- On-Site Parking
- 100+ Exhibitors
- Dynamic Seminars
- Engaging Workshops
- Important Health Screenings
- Cooking and Fitness Demos
- All Day Door Prizes



410-313-5440 (VOICE/RELAY)

[www.howardcountymd.gov/womenfest](http://www.howardcountymd.gov/womenfest)

If you need accommodations to attend, please call  
Maryland Access Point (MAP) at 410-313-1234 at least one week prior.

## ONGOING PROGRAMS

### **Mondays:**

8:00am—9:00am: *Walking Club*

10:30am—2:00pm: *Bridge/Card Group*

11:00am—2:00pm: *Bingo w/lunch (reserve one week in advance) (March 27 & April 24)*

### **Tuesdays:**

9:00am—10:00am: *Age Well Exercise*

9:00am—10:00am: *Walking Club*

10:00am—12 Noon: *Knitting Club*

12 Noon—*Lunch (reserve one week in advance)*

### **Wednesdays:**

8:00am —9:00am: *Walking Club*

9:00am—11:00am: *Pancake Breakfast (March 15 & April 19)*

10:00am—11:30am: *Wii Fitness/Bowling*

12 Noon—*Lunch (reserve one week in advance)*

2:00pm—3:30pm: *Line Dance*

*After 11am Free bread and pastries are available.*

### **Thursdays:**

9:00am—10:00am: *Age Well Exercise*

10:00am—3:00pm: *Open card games*

10:00am—11:00 pm: *Nutrition Education & Counseling (March 16 & April 20)*

11:00am—1:00pm: *Origin and History of the Bible*

12 Noon—*Lunch (reserve one week in advance)*

1:00pm—3:00 pm: *Beading/Jewelry Made Easy*

1:00pm—4:00pm: *Bridge Club (new members welcome)*

### **Fridays:**

8:00am—9:00am: *Walking Club (meet in front parking lot)*

10:30am—11:30pm: *Chair Yoga*

10:00am—1:00pm: *Legal Aide (second and fourth Fridays); appointments appreciated — call (410) 480-1057; walk-ins welcome*

### **Americans with Disabilities Act Accommodations**

If you need accommodations to attend Elkridge 50+ Center events/programs or if you need this document in an alternate format, please contact the Center at 410-313-5192 or 410-313-4930.



## ***Join Us For Lunch!***

Elkridge 50+ Center offers meals to anyone 60 years and older, as well as their spouses, regardless of age. Voluntary, anonymous contributions are requested from eligible program participants. Persons under age 60 must pay full cost of meal. Reservations must be made one week in advance. People who do not make reservations are not guaranteed a meal.



Participant contributions are used to offset the meal cost, to increase the number of meals served, and to provide supportive services directly related to the nutrition program, such as nutrition screenings and education. The cost of the regular meal is \$4.10 and \$5.39 for special meals. Participants are requested to contribute as generously as they can to ensure the viability of this important program.

## ***MARCH LUNCHES:***

*\* milk is served during all meals*

***Thursday, 2nd***– Baked Ham au Jus, Calcutta Rice, Collard Greens, White Bread, Fresh Fruit

***Tuesday, 7th***– Chicken Vegetable Soup, Pork BBQ, Coleslaw, Potato Roll, Pineapple Chunks

***Wednesday, 8th***– Cheese Lasagna, Green Salad, Seasonal Fruit, Cucumber/Mandarin Salad, Garlic Bread Stick, Brownies

***Thursday, 9th***– Minestrone, Pork Chop w/ Gravy, Mashed Sweet Potatoes, Broccoli, Pears

***Tuesday, 14th***– Hot Dogs (Beef or Turkey), Baked Beans, Potato Salad, Apple Sauce, Juice

***Wednesday, 15th***– Quarter Pound Grilled Cheeseburger, LTO, Potato Salad, Italian Vegetables, Kaiser Roll, Peaches

***Thursday, 16th***– Pulled Chicken, Potato Roll, Red Skinned Mashed Potatoes, Coleslaw, Pickles, Fresh Fruit, Juice

***Friday, 17th***– Corned Beef, Cabbage, Red Skinned Potatoes, Whole Baby Carrots, Rye Bread, Fresh Fruit

***Tuesday, 21st***– Georgia Chicken, Mashed Potatoes, Mixed Vegetables, White Wheat Bread, Fresh Fruit, Juice

***Wednesday, 22nd***– Potato Soup, Pork Ribette, Mixed Green Salad, Dixie Slaw, White Wheat Bread, Hot Spiced Apples

***Thursday, 23rd***– Pepper Steak, Parslied Potatoes, Carrot Raisin Salad, Dinner Roll, Fresh Fruit, Juice

***Monday, 27th***– Italian Cold Cut, Italian Dressing, Potato Roll, Potato Salad, Health Salad, Fresh Melon, Apple Juice

***Tuesday, 28th***– Turkey w/Gravy, Mashed Sweet Potatoes, Green Beans, White Wheat Bread, Pineapple Chunks,  
Juice

***Wednesday, 29th***– Beef Stew, Health Salad, Corn Muffin, Fresh Fruit

***Thursday, 30th***– Thick Cut Pork Chops w/ Gravy, Green Beans Almandine, Green Salad, Spiced Apples